



BURLINGTON COMPOSITE SQUADRON / NCR IA 005

CIVIL AIR PATROL
 UNITED STATES AIR FORCE AUXILIARY
 P.O. BOX 515
 WEST BURLINGTON, IOWA 52655



Cadet Phase II Qualification – Lindberg Achievement

NAME: _____

CAPID: _____

	Sit & Reach	Curl-Ups	Push-ups	Mile Run	Shuttle Run
1: Physical Training					
	Topic		Date		
2: Moral Leadership					
	Activity		Date		
3: Unit Activity					
	Module	Exam Score	Date		
4: Aerospace Exam					
	Exam Score	Date			
5: Leadership, Chap 5					

Senior Member Approvals For Completion Of Tasks

	Sr. Member Signature	CAPID	Date
1: Physical Training			
2: Moral Leadership			
3: Unit Activity			
4: Aerospace Exam			
5: Leadership Chap. 5			
6. Review Board, CAPF50-2			

	Sr. Member Signature	CAPID	Date
Promoted to C/MSgt			
CAPF 52-2			
All entries into E-Services online record complete			

PHASE II ACHIEVEMENTS 4 – 6																
AGE	MALES									FEMALES						
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	22	23	23	23	25	27	27	31	26	26	27	27	30	32	32	33
CURL UPS	32	34	37	39	41	41	40	40	27	29	31	33	34	32	32	30
PUSH UPS	11	12	14	18	20	25	26	30	10	11	10	10	10	12	13	14
SHUTTLE RUN	12.0	11.5	11.0	10.6	10.2	10.0	9.7	9.6	12.6	12.1	11.7	11.5	11.6	11.4	11.4	11.3
MILE RUN	10:58	10:25	9:40	8:54	8:30	8:08	7:53	7:35	12:08	12:21	12:01	11:40	11:10	11:00	11:24	11:20

President's Challenge
35th
 percentile